

## Inadequate Vitamin/Mineral Supplementation

### Definition/ cut-off value

Participant not routinely taking a dietary supplement recognized as essential by national public health policy makers because diet alone cannot meet nutrient requirements.

Examples include but are not limited to:

Pregnant Women not taking 30 mg of iron daily.

When the water supply contains < 0.3 ppm fluoride and:

Infants  $\geq$  6 months and Children < 36 months not taking 0.25mg of fluoride daily and;

Children 36-72 months not taking 0.50mg fluoride daily.

When the water supply contains 0.3-0.6 ppm fluoride and:

Children 36-72 months not taking 0.25mg fluoride daily.

### Participant category and priority level

#### Category

#### Priority

Pregnant Women

IV

Infants

IV

Children

V

### Justification

CDC advocates universal iron supplementation for pregnant women because a large proportion of women have difficulty maintaining iron stores during pregnancy, and are at risk for anemia.

Fluoride decreases the susceptibility of the teeth to dental caries. Once fluoride is an integral part of the tooth structure, teeth become stronger and more resistant to decay.

### Clarifications/ Guidelines

Before assigning this risk code, be sure to clarify the response to the use of vitamins/minerals on the health history form; if the participant responds “no” to use of vitamins/minerals, verify if the pregnant woman is taking a prenatal vitamin and there is adequate iron supplementation; verify the water source for fluoride.

Iron: Most prenatal vitamins contain 30 mg of iron.

Fluoride: If it is known the water supply in the community does not contain the recommended amount of fluoride, document the information in the client’s

**Clarifications/  
Guidelines (cont)**

chart before assigning the risk code. If bottled water is the primary source of water and it is used for food preparation, it would be appropriate to assign this risk code.

---

**References**

1. CDC Morbidity and Mortality Weekly Report: Recommendations to Prevent and Control Iron Deficiency in the United States; April 3, 1998; vol. 47; pp. 18-19, and 24.
  2. CON, AAP: Pediatric Nutrition Handbook, Fourth Edition; 1998; p. 525.
  3. CDC recommendations for preventing and controlling iron deficiency.
-